



513.432.4887 www.miradorkidsyoga.com

GIRLS Empowering GIRLS Summer CAMP

AGES 9-15 ~ JULY 10th-14th ~ Clifton
Monday - Friday: 9 AM-3 PM

Join our GIRLS Empowering GIRLS Summer Camp (girls ages 9-15) as we provide an outstanding environment and an extraordinary 5 full day empowering coaching journey using the wonderful embodiment tools of yoga, mindfulness, dance, creative writing, art therapy, psychotherapy, life and wellness coaching activities. Girls are trained to develop their inner gifts of leadership and how to stay 'authentic' in a world that may be threatened by their boldness. We cover lessons on stress management, assertiveness, body image, sexuality, confidence & self-esteem, making informed life-choices from a place of self-knowledge, self-respect and inner strength. Our program is led by experts in tween and teen yoga, life & wellness coaching, psychology, art therapy & mindfulness. Register early. Space is limited. Full day camp with free lunch. One day, two days, etc camp options (a rate of \$75 per day).

Please fill out this registration form:

Girl's name/age _____

Parent name & contact: _____

email/cell _____

Tuition for 5 Full Days: \$250

Tuition per day \$75 (if choosing 1-4 days)

Tuition (check/cash) payable to: Cezarina Trone

Your Objectives: _____

If you prefer to pay online, use Cezarina's website (www.miradorkidsyoga.com) and click on the EVENTS & CAMPS tab & choose GIRLS Camp. Also, for extra resources, or if you have any questions, feel free to connect by phone or email:

513.432.4887 cezarina.trone@gmail.com